'Keep it clean'

By Shirley W. Walton
Extension Agent

"Keep It Clean" Ideas

Summertime is a great time of the year, but all of us find ourselves washing more clothes, more towels, more of everything. It seems that we will never get to the bottom of the laundry basket and also we find extra jobs to do outside. I wish to share with you this week some ideas that will help us keep our homes and our clothing clean and make our jobs much easier.

Tumble drying makes such items as towels, jeans and underwear softer and more comfortable to wear than when they are line dried. Tumbling also helps permanent press fabrics stay wrinkle free. Fabric softener used in the wash water, final rinse or in the dryer also helps to soften fabric or eliminate wrinkles.

Before starting to clean your home, be sure that your equipment is clean. Periodically check the vaccum cleaner and attachments. Wash vacuum cleaner brushes in warm soapy water and rinse thoroughly. Wipe the hose with a sudsy sponge, rinse and dry.

Use a wooden spoon or fork to stir food cooked in enamelware. The wood leaves no dark marks on the surface. Enamelware can then be washed just as you would other dishes or pans.

Like any other type of lighting fixture, a kerosene lamp needs to be kept clean. The reservoir should be emptied regularly, washed in detergent and water, rinsed, and dried well before being refilled. The chimney also needs to be sudsed and dried.

Room air conditioners operate more efficiently if the filters are kept clean. Treat washable filters to a periodic washing in warm sudsy water, rinse and wipe or shake dry before replacing. For very thin, foam-like filters, you can wash them thoroughly. Then roll them in a towel before replacing them into the air conditioning unit.

This tip is just for campers. A camping trip is a great way to spend a summer weekend, but all of us would like to have our clean-ups simpler. Wipe a coating of liquid soap on the outside and bottom of pots and pans. The black soot that forms on the pan from the fire will come off easily with a damp cloth. That's better than scrubbing the charred bottom of pots and pans.

When washing a child's scratch or cut, use plenty of soap and water. Be sure to explain to the child that the wound must be completely cleaned in order to remove all dirts and before other treatment is applied.

Terry tablecloths are perfect for patio parties and picnics because they are durable and need very little care. You will find that a nice beach towel or a large bath towel also is great for picnicking. After use, just wash on a regular cycle, tumble dry and forget about the ironing. These towels can be folded and returned to the linen closet for the next time they will be used for a family picnic.

If you have a homemaking question or problem, you may call 352-8244 or you may write P. O. Box 488, Appomattox, Va. 24522. It is a pleasure to help you and to hear from you.

Have a good week!

RECIPE OF THE WEEK
Empanaditas Con Legumbres
Vegetable-Filled Appetizer Turnovers]

A "hot" filling is sealed in these appetizer pastry packages, which are made with enriched corn meal.

Pastry:
2-¼ cups all-purpose flour
¾ cup corn meal
1 teaspoon salt
½ cup butter or margarine
⅓ cup vegetable shortening
½ cup plus 1 tablespoon cold water

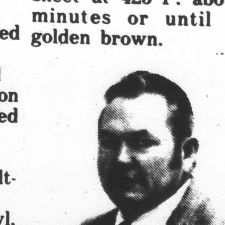
Filling:
1 medium zucchini or 3 small yellow squash
1-½cups (6oz.) shredded sharp Cheddar cheese
1 medium tomato, diced
¼ cup finely chopped onion
1/8 teaspoon liquid red pepper sauce
1/8 teaspoon salt
Butter or margarine, melted.

For pastry: In large bowl, combine flour, corn meal and salt. Cut in butter and shortening until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring until mixture forms a ball.

For Filling: Trim ends from zucchini or yellow squash; cut into ¼-inch slices. In medium saucepan, combine squash and small amount of water. Cook, covered, about 5 minutes or just until tender. Drain, chop. In medium bowl, combine zucchini or squash with remaining ingredients except butter. Roll out one half of pastry to 1/8-inch thickness on lightly floured surface. Cut with 3-¼-inch round cutter. Place 2 teaspoons filling on one half of each circle. Moisten rim of pastry; fold curcle over filling. Press edges together; crimp with tines of fork to seal. Repeat with remaining dough.*

Heat oven to 425°F. Grease cookie sheet. Place empanaditas on prepared cookie sheet; brush with melted butter. Bake about 15 minutes or until light golden brown. Serve hot. Makes about 3 dozen appetizers.

*NOTE: At this point, empanaditas may be wrapped securely, labeled and frozen up to 1 month. To bake, remove from freezer; let stand at room temperature about 30 minutes. Brush with melted butter. Bake on greased cookie sheet at 425°F. about 15 minutes or until light golden brown.



Ralph D. Reynolds

Reynolds honored

Ralph D. Reynolds, F.I.C., of Route 460W, Appomattox, field representative for the Woodmen of the World Life Insurance Society, has been notified by national Woodmen President Nick T. Newberry that he has qualified for the President's Cabinet by writing $2,992,282 of insurance protection.

His membership in the Multi-Millionaire Section of the President's Clubs honors his top-rated performance in membership protection and service during 1981. Mr. Reynolds will be entitled to wear a gold emblem lapel pin inset with an emerald, emblematic of his accomplishment.

Members of the Club will meet with the National President next summer.

Soybean pests here

By James A. Smith
Extension Agent

We have never had a concern with soybean insects in this county. Acreage varies from 300 to 700 annually. Times are changing; in one field last week I found a fairly high level of Bean Leaf Beetles. The casual observer may call these insects Mexican Bean Beetles. The difference is that the Bean Leaf Beetle is dark on the underside and makes round holes in the leaves. The Mexican Bean Beetle skeletonizes the leaf when feeding.

Early sprays can sometimes do more damage than good. Insecticides kill off preditors as well as harmful insects. With the preditors eleminated, the crop is open to injury from other insects.

* * *

Health standards have been set for bulls consigned to Central Bull Test Stations. Bulls must test negative to bangs within 30 days of delivery. At least two weeks, but not greater than five weeks before delivery, animals must be innoculated for IBR, P13, BVD, 7-Way Clostridium, Haeemophilus Somnus and wormed.

Other treatments will be administered when the animals are delivered.

* * *

Wireworms are the larvae stage of the click beetle and can be harmful to newly transplanted tobacco, especially when the previous crop was a grass sod or corn.

Cutworm problems are reduced when the soil is fall plowed and the field is kept free of weeds. An Orthene spray or Dylox/-Proxol bait should be applied when 3 to 5 plants out of 100 plants have been damaged by cutworms.

* * *

The General Accounting Office released a report on April 23, titled "Tobacco Program's Production Rights and Effects on Consumption."

Six tobacco areas were studied in 1981. The study reports that farmers who grew tobacco owned only 40 percent of the farms with acreage allotments and marketing quotas. The remaining owners of allotments/quotas were retired farmers, widows of farmers or persons engaged in non-farm occupations. Of all owners, 26 percent rented and 42 percent leased their allotment/quotas to grow; 26 percent grew their own quota; 4 percent was grown by a relative of the owner; 1 percent was grown by a mix of arrangements; 1 percent was not grown.

Leasing rates in 1981 for burley ranged from 25 cents to 90 cents per pound, for flue cured from 25 cents to 80 cents per pound. About 57 percent of quota owners in the flue-cured tobacco producing counties and 27 percent in the burley counties leased their quotas to others.

In 1980, the average price of flue-cured leaf exported by the U.S. was $2.48 per pound, by Canada $1.61 per pound, by Zimbabwe's 88 cents per pound.

Administrative costs for the 1981 crop were an estimated $13.1 million.

Losses on loan principal has totaled $57 million since the program started in the 1930's. Losses on interest payments were an estimated $591 million. These losses resulted from a practice of allowing loan payments to be applied first to the principal outstanding rather than accrued interest.

* * *

Parasitized cereal leaf beetle larvae were placed on the following farms last week: E. W. Jones, Henry Richardson, W. E. Bondurant, Jr., Leonard Garrett, Richard Robinson, B. J. Lucado and Abbott Coleman.

It is hoped that in time these biological controls will build to the point that spraying will not be necessary. This will, of course, take time.

Oakville club to meet

On June 8 at 6 p.m. the Oakville Home and Garden Club will have a family cookout (hamburgers and hot dogs) at the school. Each member is asked to bring a dessert or a dish (something suitable for a cookout...baked beans, potato salad, slaw, etc.)

All members and their families are urged to attend.

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